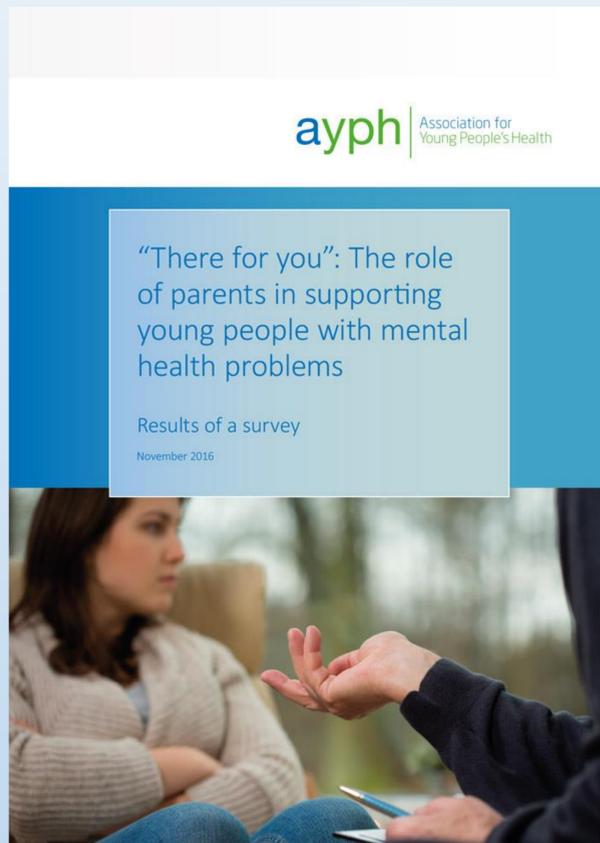


“There for you”

Helping parents to support young people with mental health problems

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Key Messages

- Parents are an important part of the management of young people's mental health problems
- Parents see their role as supporting help seeking behaviour, providing advocacy, keeping their children safe, and helping them to manage day to day life
- Parents whose adolescent children experience mental health problems suffer themselves, emotionally and practically
- Parents feel that there is little support for their role in the current system
- Helping parents to provide appropriate support for young people may complement the work of child and adolescent mental health services, and improve young people's outcomes



Methods: This mixed methods study included an online survey of parents of young people with mental health problems (n316), three group discussions with parents (n30), supplementary individual interviews (n9), two group discussions with young people (n10) and a multidisciplinary stakeholder event.

Improving provision to support parents & help young people - suggestions from parents

- Development of more parent support groups
- Better information to provide more practical support to parents
- Provision of a 'listening ear' to help parents navigate the ups and downs
- Better links with schools, including more parents evenings on CAMHS topics
- More crisis support including out of hours support, telephone support lines and information on what to do in different situations
- **Overall, more of a focus on better communication, including valuing parents as an equal partner in helping the young person to recover**

Conclusions: Parents are a significant part of the context for young people in distress and play a major role in finding interventions. However they often feel distressed, left out of the picture and confused by what is on offer.

Where to go for more information

Visit the 'Families' page of AYPH's website for more information and to download a copy of our briefing paper on supporting parents. Visit www.ayph.org.uk, email us at info@youngpeopleshealth.org.uk, and follow us on twitter @AYPHcharity